

# Fruits and Veggies at the Worksite

## Background, resources and activities for worksite programming



*Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.*

### Program Background

The 5 A Day for Better Health Program is a nationwide initiative to increase Americans' consumption of fruits and vegetables to promote good health and reduce the risk of some cancers and other chronic diseases. The Program's strength comes from the combined efforts and resources of its partners including:

- American Cancer Society
- American Diabetes Association
- American Heart Association
- Centers for Disease Control and Prevention
- Council of 5 A Day Coordinators
- National Alliance for Nutrition and Activity
- National Cancer Institute
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Fruit and Vegetable Association
- United States Department of Agriculture



### Inside . . .

Frequently Asked Questions .....	2
Start a Fruit and Veggie Team .....	2
Recipes .....	2
Info Online .....	2
Quantity Recipe Cookbook .....	2
Activity Ideas .....	3
Free or Low-Cost Worksite Wellness Resources .....	4
Produce Power .....	4

### Health Benefits

Fruits and vegetables are low in fat and rich in fiber, vitamins, minerals, and phytochemicals. A diet rich in fruits and vegetables may help maintain:

- Lower risk of some cancers
- Healthy heart
- Healthy immune system
- Cholesterol levels that are already healthy
- Healthy aging
- Memory function
- Urinary tract health
- Vision health
- Strong bones and teeth

### Recommendations

Eating lots of fruits and veggies every day is a key element of the MyPyramid.gov – a part of the Dietary Guidelines for Americans. **The daily amount for each person varies by age, sex, and activity level.**

- ▶ For men, the range is 4½ to 6½ cups.
- ▶ For women, it's 3½ to 5 cups.
- ▶ For recommendations for individuals, visit <http://www.mypyramid.gov> or call the NH 5 A Day Program for a free copy of *How Many Fruits and Vegetables Do Adults Need?*.

### Fact Sheet for Parents

*"More Peas, Please!"* a ready-to-copy fact sheet, provides parents of young children with ideas and recipes to help kids eat more fruits and vegetables. Request a copy by phone or e-mail.

### Lending Library

The 5 A Day materials in the DPHS Lending Library can enhance your programming. Items range from music CDs to videos to curricula with recipes, handouts, and activity ideas. Here's a sampling:

- *Meeting Well: A Tool for Planning Healthy Meetings and Events*
- *Fruit and Vegetable Scavenger Hunt (card game)*
- *5 A Day Bingo*
- *Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories*
- ▶ *Materials can be delivered to your local NH public library.*
- ▶ Call the 5 A Day Program (271-4830) for a **list** of the audio-visual and print materials in the collection.
- ▶ To **reserve / borrow** materials, call the DPHS Lending Library directly at 603-271-0562 or 603-271-7060

Jul 2006

# Frequently Asked Questions

## What Does a Tennis Ball Have to Do with Fruits and Vegetables?

Answer: 1 cup of fruit or vegetable is the same size as a tennis ball. Here are a few examples.

- Apple: 1 small
- Banana: 1 large
- Broccoli: 3 5-inch spears
- Carrots: 2 medium
- Grapefruit: 1 medium
- Peach: 1 large
- Potato: 1 medium



### Leafy Vegetables

- Raw spinach, kale, collards, mustard greens, and lettuce are leafy vegetables.
- Because they have a lot of space between the leaves, 1 cup of raw leafy vegetables counts as ½ cup.
- ½ cup cooked leafy vegetables counts as ½ cup of your daily intake.

### Dried Fruit

- Raisins are dried grapes. Prunes are dried plums. Other dried fruits include apricots, dates and dried apples, mango and pineapple.
- As fruit dries, it gets smaller. For that reason, ¼ cup dried fruit counts as ½ cup.
- ▶ Call for a free copy of *What Does a Tennis Ball Have to Do with Fruits and Vegetables?*



## What Counts?

Fresh, frozen, canned, jarred, and dried fruits and vegetables all count (except coconuts, olives, and nuts) as long as:

- There is no added fat.
- There is no added sugar (sucrose, glucose, dextrose, fructose, maltose, lactose, sorbitol, mannitol, honey, corn syrup, corn syrup solids or molasses).

Juice should be 100% juice or juice concentrate without added fat or sugar.

## What About Coconuts, Olives and Nuts?

- Because they are high in fat, coconuts, olives, and nuts cannot be promoted in association with 5 A Day.
- Products and recipes with coconut, olives, or nuts can be promoted in association with 5 A Day if they meet the 5 A Day Recipe Criteria.

## Start a Fruit and Veggie Team

Working with a team increases creativity and strengthens outcomes. Recruit employees from all areas of your organization to help develop and implement your plans.

- Key decision makers
- Company nurse
- Wellness coordinator
- Human resources personnel
- Office manager
- Cafeteria food service personnel
- UNH Cooperative Extension
- Librarian (company or public library)
- Insurance company personnel
- Community dietitians – try the hospital's community education department
- College students from the nutrition, dietetics, family and consumer sciences, nursing, and education departments

## What's a 5 A Day Recipe?

An official 5 A Day recipe:

- Must contribute at least ½ cup of fruit and/or vegetable per serving.
- May not contain more than
  - 30% of calories from fat
  - 10% of calories from saturated fat
  - 100 mg of cholesterol per serving
  - 480 mg of sodium per serving

## Fruits and Veggies Online: Recipes and Information

Centers for Disease Control and Prevention

<http://www.cdc.gov/5aday>

Produce for Better Health Foundation

<http://pbhfoundation.org>

Dole Food Company

<http://www.dole5aday.com>

US Department of Agriculture

<http://www.nal.usda.gov>

## Quantity Recipe Cookbook

Here's a great resource to share with your worksite cafeteria. All 40 fruit and vegetable based recipes serve 25, 50, or 100.

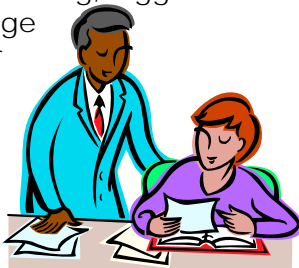
[www.dhhs.nh.gov/DHHS/NHP/](http://www.dhhs.nh.gov/DHHS/NHP/)



# Activity Ideas

## Create a Supportive Environment

- For your next meeting, replace doughnuts and sodas with fruit, veggies and 100% juices.
- Explore the restaurants close to work and make a "go to" list of those that offer a good variety of low-fat fruits and vegetables on their menu.
- For your next company gathering, suggest a "healthy" potluck. Encourage employees to bring in their favorite low-fat fruit or veggie dish and recipe.
- Organize a snack coop. Members take turns bringing a low-fat fruit or veggie snack.



## Feature Fruits and Vegetables at Your Next Event

Whether it's a health fair or an office party, find a way to include fruits and vegetables. For food, theme, music, costume, game, activity and prize ideas, request a copy of *Creative Ways to Add Fruits and Veggies to Your Wellness Events*.

## Email Health Tips

Send email messages that feature:

- Tips for eating more fruits and vegetables
- Fruit and veggie recipes
- Tips for being more active
- A produce trivia contest

Contact our office for content ideas.



## Collaborate with the Cafeteria

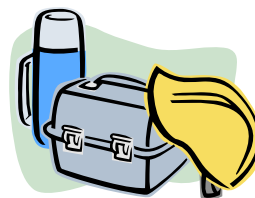
- Place salads and veggies at the front of the cafeteria line.
- Tired of the same old thing? Rotate the fruit and veggie choices from week to week. Feature a different novelty item once a month.
- Ask your company to stock vending machines with raisins, other dried fruits, fresh oranges and apples, individual servings of canned fruits, small packs of carrots and 100% juice.
- Ask the cafeteria manager to offer a fruit or veggie special. They can use a recipe from the *5 A Day Quantity Recipe Cookbook* (see link on page 2). Offer employees copies of the family-size version of each recipe (in the appendix of the cookbook).



## Present a Lunch and Learn Series

Offer a series of lectures at lunchtime. Invite a guest speaker or chef and serve a fruit and veggie snack or buffet. Topics could include:

- The Color Way: A National Promotion About Variety, Color, and Health (cover one color group each week)
- Understanding MyPyramid.gov
- Cooking Demo and Taste Test of Fruit and Veggie Recipes
- Quick and Easy Fruits and Vegetables for Busy People
- Phytochemicals
- Microwave Recipes
- Gardening Basics



## Offer Recipes and Taste Testing

Create an opportunity to try a new fruit or vegetable – hold a taste test. Offer a daily taste test – with a different novelty fruit or veggie each day. Bring in a chef to demonstrate how to cook the fruit or veggie and share copies of the recipe.

## Give Away Incentives/Prizes

People love getting prizes or winning raffles. Select incentives that compliment your theme and support your message. Try:

- Salad bowl with serving pieces
  - Seed packets and gardening tools
  - Fruit and veggie cookbooks
  - Gift certificates from your local garden center, sports wear shop, or fitness center
- For more incentive ideas, request a copy of *Creative Ways to Add Fruits and Veggies to Your Wellness Events*.



## Plant a Vegetable and Herb Garden

- Ask management for garden space.
- Invite a gardening expert to present a Lunch and Learn workshop on gardening and to suggest the best plants, location, etc.
- Plant a pizza garden – a circular garden planted with basil, tomatoes, onions, broccoli, etc. Celebrate the harvest with a pizza party.
- Offer seed packets as incentives. Check *Resources for Promoting Fruits and Veggies* for names of organizations that offer free seeds.
- Serve your garden harvest at a company dinner or health fair.
- For expert gardening advice and more, call the **UNH Cooperative Extension Family, Home and Garden Education Center** at 877-EXT-GROW (877-877-398-4769).

## Get Physical!

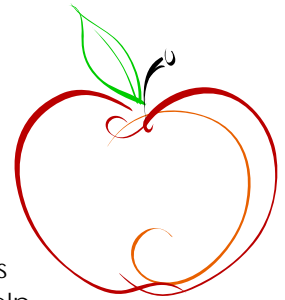
- Offer group walks at set times. Try a new route each week.
- Allow 15minute activity breaks during the day.
- Invite a guest speaker to introduce a new form of exercise.
- During the winter, hold an indoor scavenger hunt that travels through your building.
- Pick a virtual destination (a country or state)
  - Set a company goal to walk to or around a featured virtual destination.
  - Have employees count miles walked, biked, or jogged – or count pedometer steps -- and plot them on a map.
  - When they've collected enough miles to reach the destination, hold a celebration. Build on the theme with decorations and incentives. Invite a guest speaker to talk about your "destination" and its food. Serve fruits and veggies from your "destination."

## Try One of These Free or Low-Cost Worksite Wellness Resources



- ▶ Call the NH Department of Health and Human Services at 603-271-6887 or email [HealthyLifestyles@dhhs.state.nh.us](mailto:HealthyLifestyles@dhhs.state.nh.us) to learn more about these resources.
- **Challenges to Living a Healthy Lifestyle Training** 1½ hour "on-site" training to help navigate through the barriers to living a healthy lifestyle.
- **Quarterly Newsletter** Available electronically. Focuses on health, wellness, physical activity and nutrition related messaging.
- **Pedometer and Logbook** Track daily steps, based upon your own individual goals.
- **Worksite Wellness Toolkit** Available electronically. Toolkit includes stair prompts (to encourage stair use instead of elevator), bulletin board, paycheck inserts or company-wide email themes, and guidelines for implementing vending/cafeteria changes at the worksite. Go to <http://www.dhhs.state.nh.us/DHHS/NHP>

## Sign Up for Produce Power It's a Package Deal!



**Produce Power** is a 5-week worksite wellness program designed to help employees increase their fruit and vegetable intake in a supportive environment.

Participants set personal goals based on their own level. They are encouraged to work toward the Dietary Guideline recommendation to eat 3½ to 6½ cups of fruits and vegetables every day.

**Produce Power** includes everything you need to plan and implement the program at your worksite:

- Marketing materials
- Programming ideas and resources
- Educational materials
- Incentive and sponsorship ideas
- Evaluation materials and forms

**Produce Power** is a low-cost worksite wellness program developed by the NH 5 A Day Program and NH Celebrates Wellness.

- ▶ For details and the next training date, contact the NH 5 A Day Program at [5aday@dhhs.state.nh.us](mailto:5aday@dhhs.state.nh.us) or 603-271-4830.



Do you have a new idea for promoting fruits and vegetables at the worksite?  
We have room for your original idea!

